Contents

The Basics **05**
- Using Personal Information Tools (PIM) 30
- Using Bluetooth® 38
- Mobile Broadband Connect 42
- Placing and Receiving Calls 44
- Using Speakerphone 46
- Setting Up and Accessing Voice Mail 46
- Locking/Unlocking Your Wireless Device 52
- Changing Ringtones 53

Assistance **55**
- May We Help You? 56
- Loss or Theft 62
- Toll-Free Calls and Emergency Services 62
- Fraud Prevention 62
- Assistive Communication Devices 64

Mobile Entertainment **65**
Text Messaging 66
Picture Messaging 71
Video Messaging 75
Web Browsing 83

Optional Services **100**
Safety and Protection 101
Equipment Protection 102
Voice Services 102
International Services 103
Other Products and Services 105
More Information **106**

Welcome

Thank You for Choosing

You're now connected to the power of America's most reliable wireless network. This guide will help you understand your new wireless device and all the things you can do with it. So let's get started.

For more details, please refer to the User Manual CD that came with your wireless device.

The Basics

Getting Started

Just the basics; we'll get into the fun stuff later on.

1. **Earpiece**: Allows you to hear callers and tones played by your phone.
2. **AMOLED Display/Touch Screen**: Displays phone information.
3. **Send key**: Press to display the Dialer, or to dial a call after entering a telephone number. Press and hold to launch Voice Recognition.
4. **Main Menu key**: Press to open the Main Menu. Press and hold to open Task Switcher.
5. **End/Power key**: Press and hold to turn the phone On or Off. Press to wake up display when the backlight has timed out. Press to end a call, or to return to the home screen. Press to ignore an incoming call and send thecaller to voice mail.

The Basics

Side by Side View

1. **Lanyard loop**: Remove cover to attach a strap or lanyard.
2. **3.5mm Headset Jack**: Plug in your standard music headphones to listen to audio or plug in an optional headset for safe, convenient conversations. Insert a TV Out Cable to view the display of your device on a TV screen. (sold separately).
3. **Volume key**: Press Up or Down to adjust audio volume, adjust the master volume in idle mode, adjust the voice volume during a call, or to mute the ringer for an incoming call.
4. **Memory card slot**: Remove cover to access microSD slot.
5. **OK key**: Press to close an application or item. Press and hold to return to the home screen.
6. **Stylus**: Use the stylus to for screen navigation and entries. Store the stylus in the slot.
7. **Power/Accessory Port**: Plug in the charging cable or optional accessory cables.
8. **Lock key**: From any screen, press to lock the phone. Press to wake the screen, or press and hold to unlock the phone.
9. **Camera/Camcorder key**: Press to launch the camera or press and hold to launch the camcorder. In camera/camcorder mode, press to take the picture or begin/stop recording.

The Basics

Home screen

The Home screen is the starting point for using the applications or widgets on your phone.

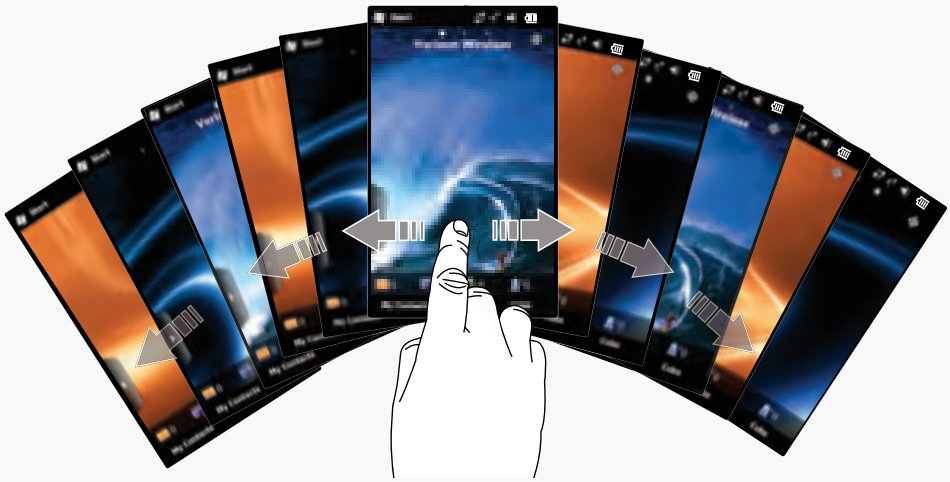
1. **Widget Bar**: Contains user-selectable widgets such as Analog and Digital Clock, Calendar, and Shortcuts. Touch the Widget Bar tab to open and close the bar.
2. **Left Soft key function**: Presents commands based on the status or open application.
3. **Start**: Touch Start to display Main Menu for access to applications, Settings and Task Switcher.
4. **Annuciator Line**: Displays the active program, and icons to show Connectivity, Phone status, Ring/Volume, and Power status. Touch the icons to quickly access Wireless Manager, Volume, and Power Settings.
5. **ERI Banner**: Displays when the device is activated and functioning in the
6. **Home screen Indicator**: Indicates which panel of the home screen is displayed.
7. **Widget Bar Tab**: Touch to close or display the widget bar.
8. **Event Status Bar**: Presents notification of text, multimedia and e-mail messages, voice mails and missed calls. Touch an icon to launch the application.
9. **Right Soft key function**: Presents commands based on the status or open application.

The Basics

Extended Home screen

The Home screen extends beyond the display width to provide more space for adding icons, widgets, and more. Slide your finger horizontally to the left and right on the screen to view the Home screens. Each Home screen displays a different wallpaper to aid you in navigation.

Panel 1 Panel 2 Panel 3



Navigating Home screens

Slide your finger horizontally across the screen to scroll to the left or right side of the extended home screen.

The wallpaper for each home screen is different to aid you in navigation.

The indicator at the top of the screen indicates the current screen.

Customizing Home screens

Each home screen can be customized to fit your day-to-day needs by placing widget(s) on the home screen.

NOTE: A widget can only exist in one place, so if a widget is undocked on a home screen, it is no longer available in the Widget Bar.

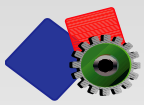
Add a Widget to a Home screen

1. Access the Widget Bar and flick to scroll through available widgets.
2. Touch and hold the item on the Widget Bar, then drag it to the home screen and release it.

The Basics

Widgets

The Widget bar provides quick access to programs, menus, and application (widgets). This bar (located at the left of the home screen) gives you information at a glance and provides easy access to frequently used tools. See the list below:



Widget Manager: Customize the Widget Bar by choosing widgets for display.

Visual Voice Mail: Touch to launch Visual Voice Mail.

Analog Clock: Displays current time in analog format. Touch the widget to launch Clock and Alarm.

Bing: Launches Bing mobile.

The Basics

Browser: Touch the widget to launch the Opera Mobile browser for browsing the web.

Calendar: Displays a Month-view calendar. Touch to launch My Calendar.

Digital Clock: Displays the current time in a digital format. Touch to launch Clock and Alarm.

ERI: Displays a banner on the first home screen to show current network status.

Facebook: Allows you to access the Facebook mobile website.

Flickr: Allows you to access the Flickr mobile website.

FM Radio: Activates the FM Radio.

Friendster: Launches Friendster, to view and manage your Friendster account.

Help: Provides access to information for various functions and features.

Mini Player: Quickly control playlists being played with Media Player.

My Favorites: A toolbar that you can customize to create shortcuts to your favorite contacts.

My Shortcuts: A toolbar that you can customize to create shortcuts to your favorite programs.

MySpace: Allows you to access the MySpace mobile website.

New Message: Allows you to start a new message.

The Basics

Photobucket: Allows you to access the Photobucket mobile website.

Smart Memo: Allows you to create a memo.

Sound Profile: Set your phone to Vibrate mode, or turn Volume on or Volume off.

Today: Shows today's date, current time and current calendar events.

Voice Recorder: Record an Audio Note.

Wallpapers: Change the wallpaper on the home screen(s).

WeatherBug: Displays weather for your selected location.

Widget Store: Allows you purchase or download new widgets

Wireless Manager: Enable/disable Airplane Mode, the Phone feature, Bluetooth and Wi-Fi.

World Clock: Displays the current time in two time zones.

YouTube: Allows you to access the YouTube mobile website.

The Basics

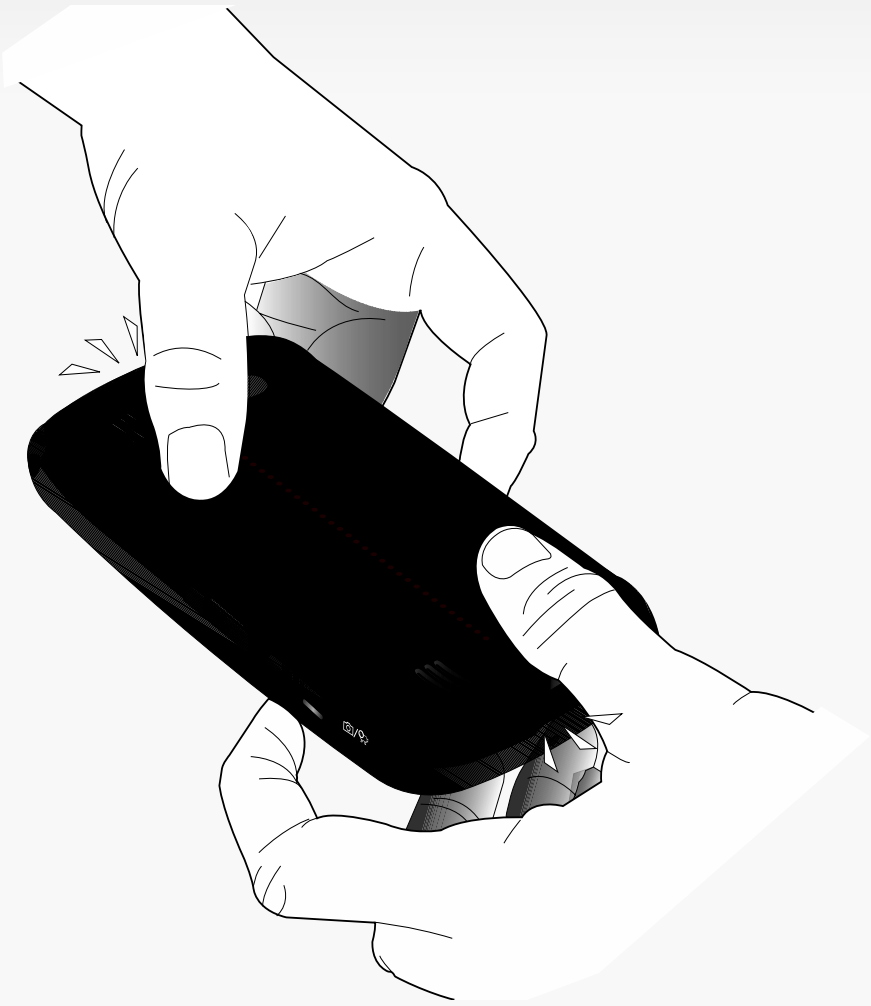
Removing the battery cover

Your Omnia II has a removable rear cover, which covers the battery, microSD card slot and a loop for attaching a strap or lanyard.

Remove the cover by pulling up using the slot provided, while lifting the cover up and off the phone.

Replacing the battery

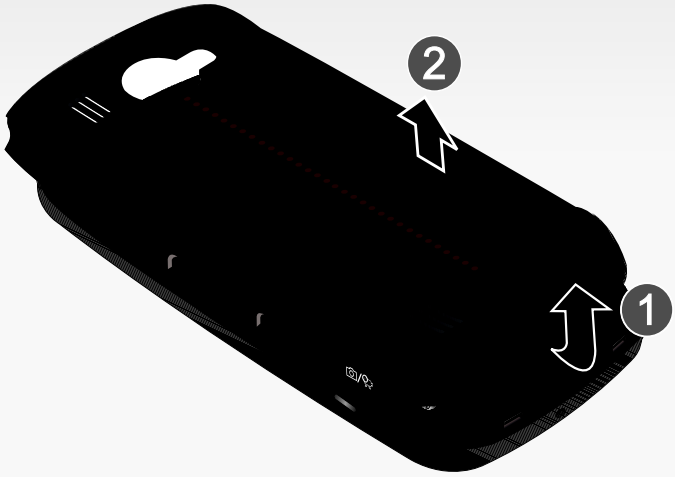
Press down on the corners of the battery cover until you hear a click sound. This ensures the battery cover is secured.



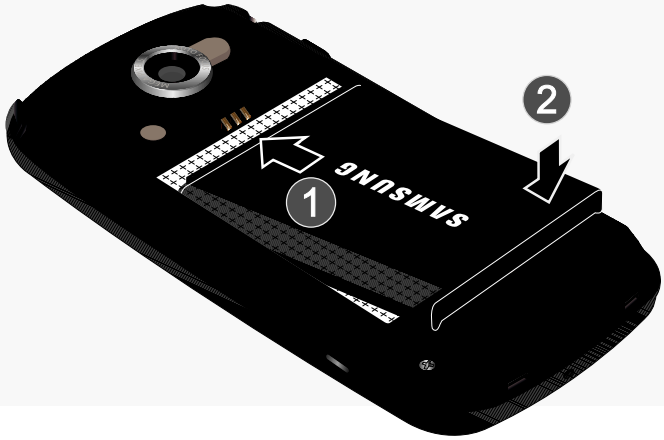
The Basics

Installing the battery

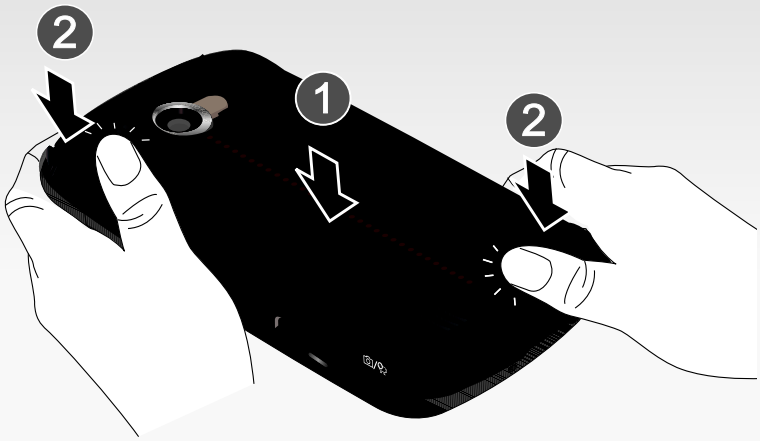
1. Remove the battery cover by pulling up on the area indicated by the arrow.



2. Insert the top end of the battery into the phone housing using the directional arrow printed on the battery. The gold contacts on the battery end must align with the contacts on the phone. Gently push the battery down until it snaps into place.

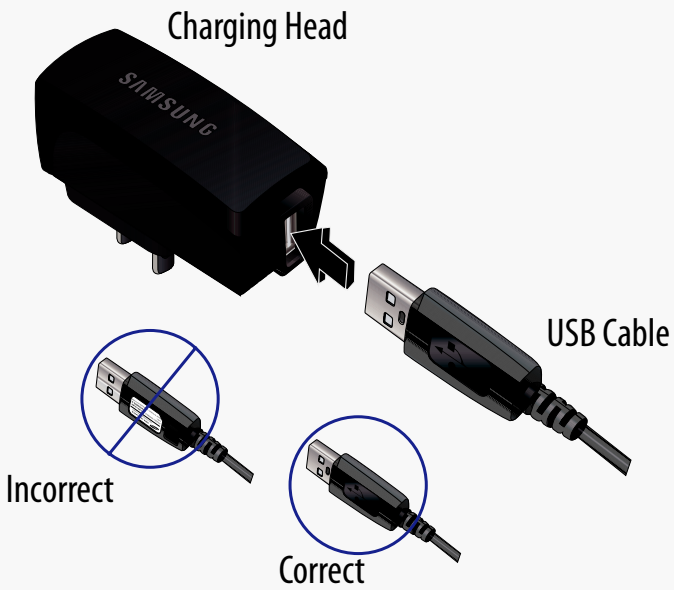


3. Press down on the corners of the battery cover to snap into place.



Charging the battery

1. Connect the USB cable to the charging head.



The Basics

2. Pull the connector cover out and turn to expose the connector. Insert the Wall/USB charger adapter end with the arrow up into the connector.

3. Plug the Wall/USB charger into a standard AC wall outlet.

When the phone is completely charged (the indicator light turns green), unplug the charger from the power outlet. Remove the adapter end from the connector and replace the connector cover.

WARNING! Please use only an approved charging accessory to charge your phone. Improper handling of the charging port, as well as the use of an incompatible charger, may cause damage to your phone and void the warranty.

Powering your wireless device on for the first time

It's important to fully charge the battery before turning on your wireless device.

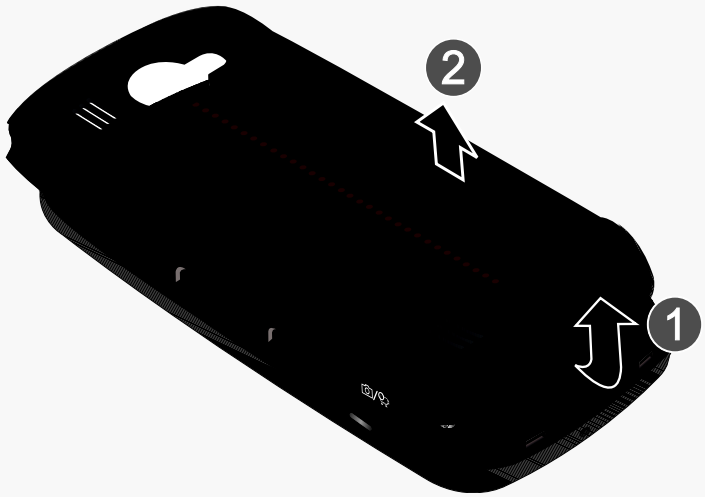
1. Press and hold the **End/Power** key ( ).

Powering your wireless device off

1. Press and hold the **End/Power** key ( ).
2. At the "**Shutdown the device?**" prompt touch Yes to shutdown device or No to return to the home screen.

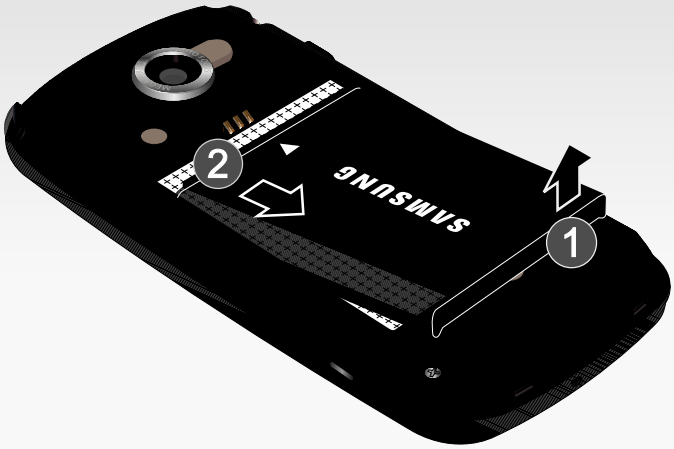
Removing the battery

1. Remove the cover by pulling up on the area indicated by the arrow.

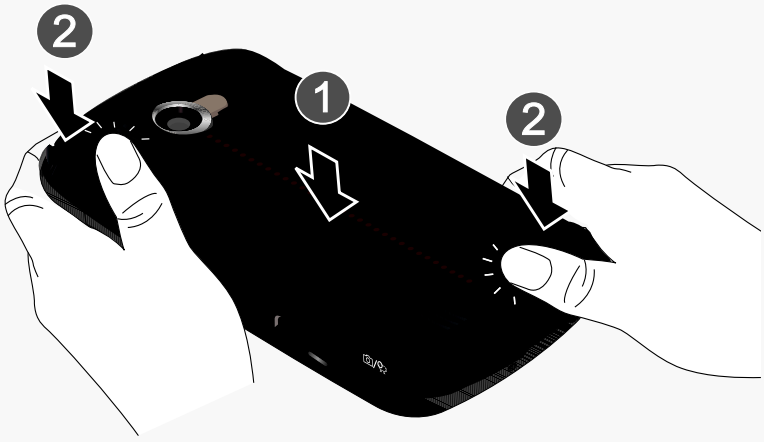


The Basics

2. Lift the battery up and out of the phone.

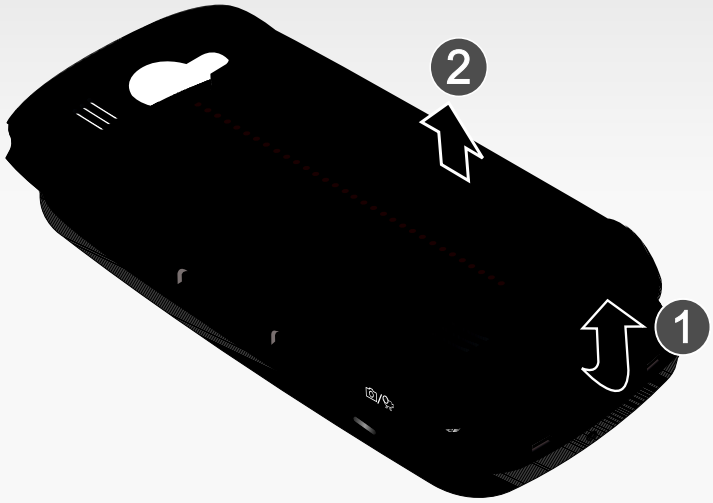


3. Press down on the corners of the battery cover to snap into place.

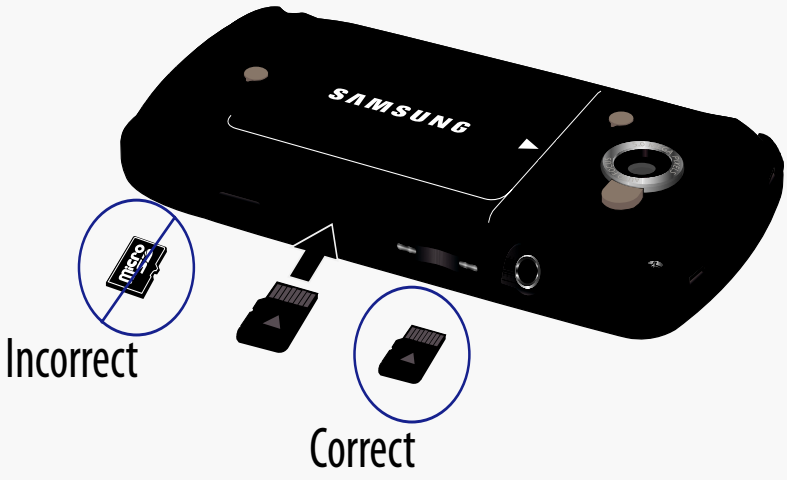


Installing the microSD (not included)

1. Remove the battery cover by pulling up on the area indicated by the arrow.

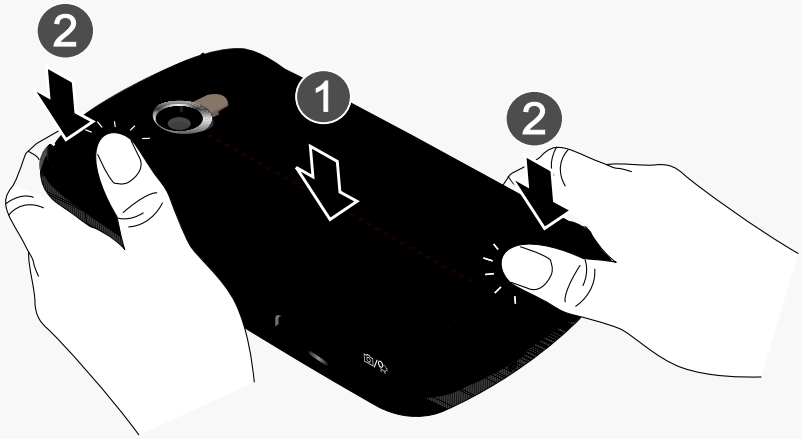


2. Locate the memory card slot and orient the microSD card so the contact pins are facing up.



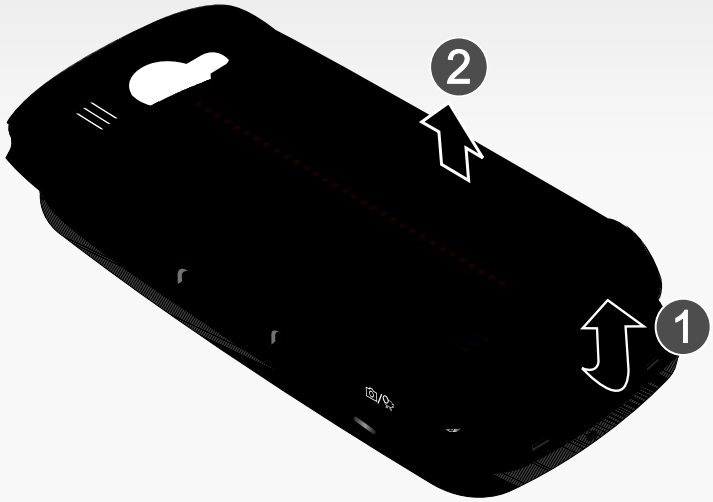
The Basics

3. Carefully insert the microSD memory card into the opening and firmly push it in until you hear a click that indicates the card is securely installed. The card is secure when it is not protruding from the slot within the phone.
4. Press down on the corners of the battery cover to snap into place.

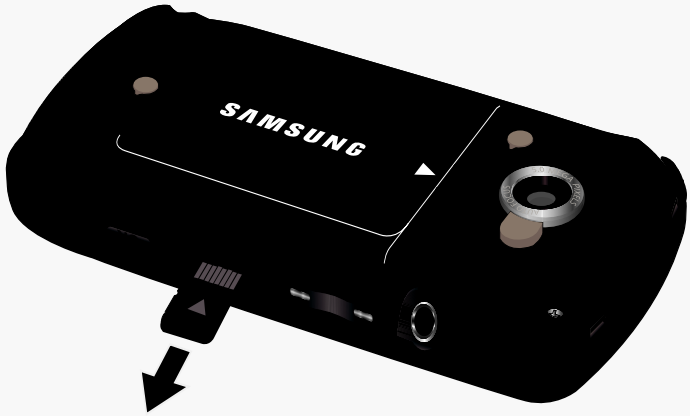


Removing the microSD

1. Remove the battery cover by pulling up on the area indicated by the arrow.

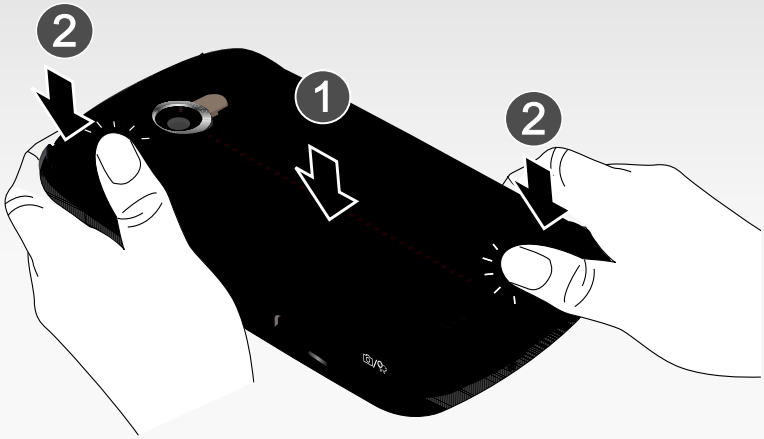


2. Locate the memory card slot, firmly push in the microSD memory card, then release so that it pops out from the slot and carefully pull the card out of the slot.



The Basics

3. Press down on the corners of the battery cover to snap into place.



Using Personal Information Tools (PIM)

Windows Mobile® Device Center and ActiveSync

NOTE: Windows Mobile Device Center is for Vista and Activesync is for Windows 2000/XP.

Synchronize information, which includes Outlook email, contacts, calendar, tasks, notes, web favorites, document files and media, between your wireless device and your PC. To keep you up to date with your corporate emails and information, you can also synchronize your wireless device with the Exchange Server at your work.

NOTE: Your company network must be running Microsoft Exchange 2003 Server SP2 or later with Exchange ActiveSync.

Set up and use Windows Mobile Device Center if you have a Windows Vista® computer.

1. Connect your wireless device to your PC. Windows Mobile Device Center configures itself and then opens.
2. On the license agreement screen, click **Accept**.
3. On the Windows Mobile Device Center's home screen, click **Set up your device**.
4. Select the information types that you want to synchronize then click **Next**.
5. Enter a device name and click **Set Up**.

When you finish the Setup Wizard, Windows Mobile Device Center synchronizes your wireless device automatically. The Getting Started CD that comes with your wireless device contains Microsoft ActiveSync 4.5 or later. Follow the steps below to install and set up ActiveSync on Windows XP or other compatible Windows systems.

The Basics

1. Insert the Getting Started CD into the CD or DVD drive on your PC. Follow the on-screen instructions to install ActiveSync on your PC.
2. After installation is complete, connect your wireless device to your PC using the supplied Mini USB cable.
3. The Synchronization Setup Wizard automatically starts and guides you to create a synchronization relationship. Click **Next**.
4. To synchronize your wireless device with your PC, clear the **Synchronize directly with a server running Microsoft Exchange** check box, then click **Next**.
5. Select the information types that you want to synchronize, then click **Next**.
6. Select or clear the **Allow wireless data connections (such as MMS or Internet Calling) on your device while it is connected to your computer** check box according to your preference.
7. Click **Finish**.

When you finish the wizard, ActiveSync synchronizes your wireless device automatically. Notice that Outlook emails and other information will appear on your wireless device after synchronization.

NOTE: To find out about the desktop operating systems that are compatible with ActiveSync, please go to **microsoft.com/windowsmobile/activesync/activesync45.mspx**.

Handango™

Thanks to our partnership with Handango, your wireless device can do more than ever before. You now have a wide selection of software, Internet applications, productivity tools, utilities, security programs, maps and even games that can be purchased and downloaded. Visit the Handango web site at **handango.com/** and check out everything that's available for your wireless device.

The Basics

Adding contacts

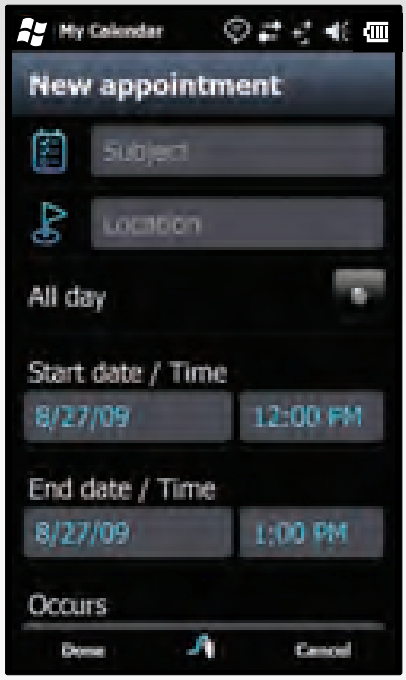
Contacts is your address book for storing the phone numbers, email addresses, home addresses, etc. of the people or businesses that you communicate with.

1. From the home screen, touch the left soft key function **My Contacts**.
2. Touch the left soft key function **New** and enter the contact's name, phone numbers, email address, work and home addresses, etc.
3. If you have a photo of the contact stored on your wireless device, touch the **Picture ID** icon ( ) then select the photo.
4. To assign a ringtone, touch Add field, scroll to the ringtone field ( ), then touch the field and select the desired ringtone.
5. When done, touch **ok**.

Tip: You can also use the built-in camera to take a photo of the contact and add it to the contact information.

Adding appointments

Use Calendar to schedule appointments, including meetings and other events.



1. From the home screen, press the **Main Menu** key ( ) → **Main Menu 1** → **My Calendar** ( ) → touch the left soft key function **New**.
2. Enter a name for the appointment, and enter information such as start and end times.
3. To set a reminder about the appointment, make sure that **Reminder** is on.
4. When done, touch **ok** or the left soft key function **Done**.

The Basics

Viewing appointments

1. From the widget bar, touch the **Today** widget (

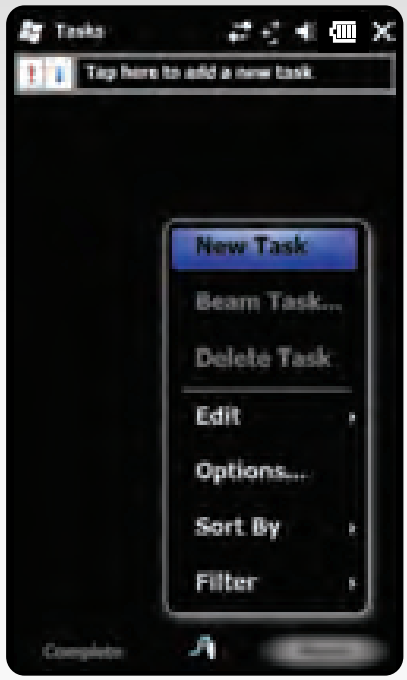
). The widget displays on the Home screen showing details about the days event(s).
2. Touch the **Today** widget (

) to open the Calendar screen.
3. From the **Calendar** screen, you can view your appointments and complete details about each appointment by Month, Week, Day or Agenda. The **Today** widget (

) only displays events for the selected day.

Adding tasks

Use Tasks to keep track of things you need to do.



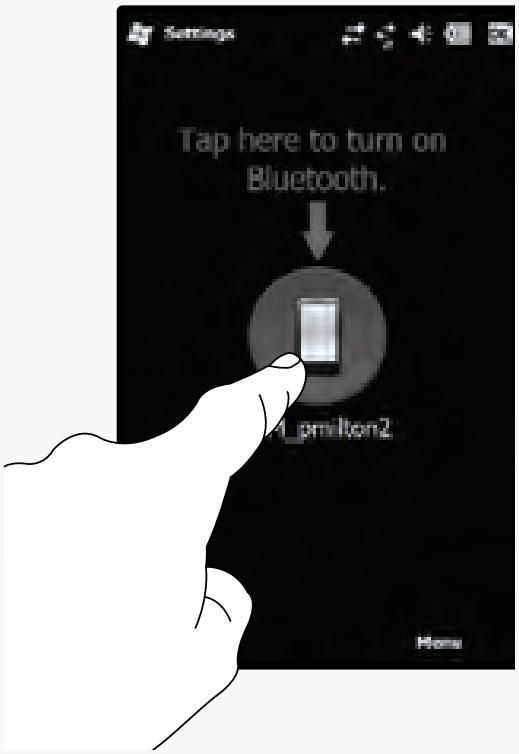
1. From the home screen, press the **Main Menu** key ( ) → **Main Menu 4** → **Tasks** ( ) → touch the right soft key function **Menu** → **New Task**.
2. Enter a subject for your task, and enter information such as start and due dates, priority, and so on.
3. Specify the type of category for your task, so that it can be grouped with other related tasks. Touch **Categories**, then select a preset category (Business, Holiday, Personal, or Seasonal), or touch **New** to create your own category.
4. When done, touch **ok**.

The Basics

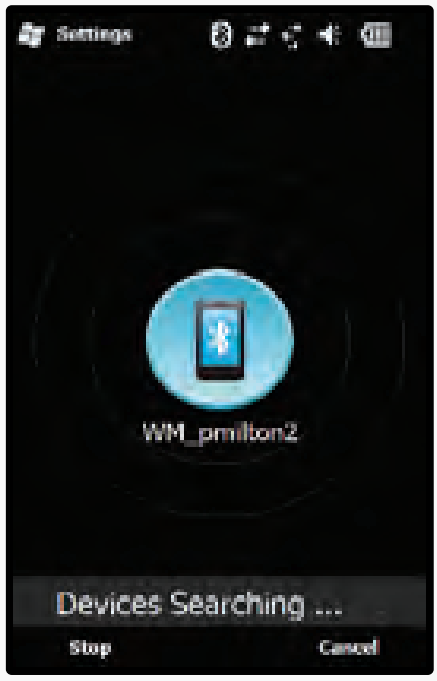
Using Bluetooth®.

How to turn on Bluetooth

1. Unlock the screen by touching or pressing and holding the **Lock/Unlock** key (LOCK) (on the right side of your device).
2. From the home screen, press the **Main Menu** key ( ) → **Main Menu 2** → **Bluetooth** ( ) and touch the phone image to turn Bluetooth on.



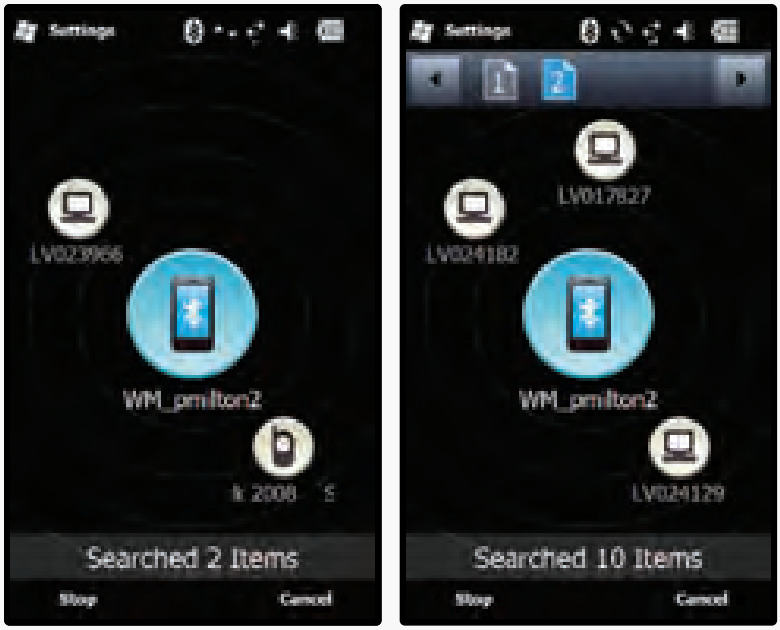
Bluetooth Inactive



Bluetooth Active

How to pair your Bluetooth headset with your wireless device

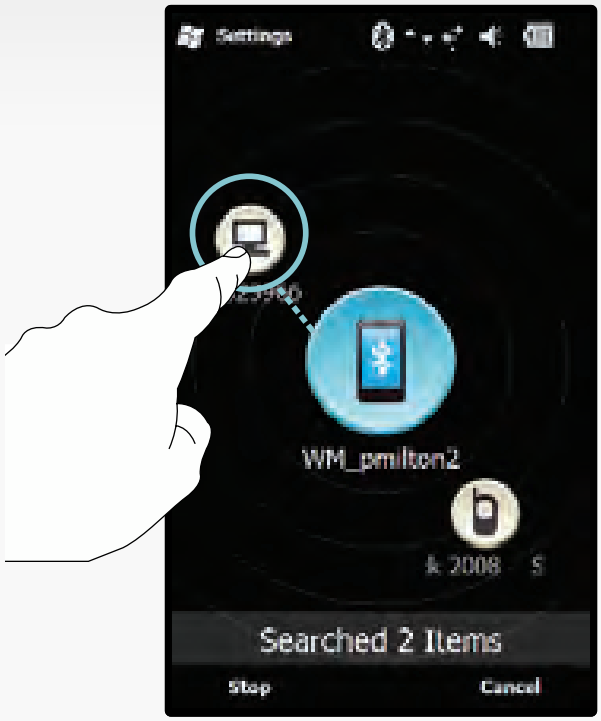
1. Unlock the screen by touching or pressing and holding the **Lock/Unlock** key (LOCK) (on the right side of your device).
2. From the home screen, press the **Main Menu** key ( ) → **Main Menu 2** → **Bluetooth** ( ) and touch the phone image to turn Bluetooth on.
   Once activated Bluetooth automatically starts searching for other Bluetooth enabled devices.



The Basics

NOTE: If multiple devices are discovered, touch the page number at the top of the screen to display device information.

4. Drag and drop the device icon onto the Bluetooth Active icon.



5. The phone automatically attempts to send a passkey of "**0000**" or "**8888**" to a hands-free device.

   (If you are attempting to pair with a car kit, be sure to clear any error message on the car kit display first.) If the default passkeys are not successful, manually enter a passkey for the device you want to pair using the touch keypad. Enter the passkey on the other Bluetooth device, if necessary.

6. Touch **Done** to pair the devices. Once connected, the **Bluetooth Connected** icon appears in the upper half of the display.

The Basics

Mobile Broadband Connect

Leave your office without leaving your broadband connection. Our high-speed wireless broadband network is available in over 259 major metropolitan areas covering more than 280 million people.*

In order to get the full benefits of Mobile Broadband Connect on your wireless device make sure to add this optional service when you subscribe to an Unlimited Wireless Data Plan or Voice and Data Choice Bundle℠.

The following instructions describe how to install Manager on a computer that uses Microsoft® Windows® so that your wireless device can be used as a tethered modem.

NOTE: These instructions are provided for Microsoft Windows XP. The installation process on Windows 2000 might be slightly different.

The Basics

Placing and Receiving Calls

Placing calls

1. From the home screen, press the **Send** key ( ) to launch the **Dialer**.
2. Touch the telephone number to call and touch or press the **Send** key ( ).

Receiving calls

1. When you receive an incoming call, the number appears in the display, if available.
2. Touch the left soft key function **Answer**, or press the **Send** key ( ).

Standard features included as part of your Calling Plan

With our Calling Plans, you can enjoy the value and convenience of these features at no extra monthly access charge:

- **Basic Voice Mail**
- **Caller ID**
- **Caller ID Blocking**
- **3-Way Calling**
- **Call Forwarding**

Please note that some of these features may incur usage charges and/or depend on digital service, so they may not be available in all areas.

The Basics

For step-by-step instructions on some of these calling features, please refer to your Wireless Device User Manual,
select **Where can I find help with features on my wireless device?** in the Frequently Asked Questions section.

Using Speakerphone

To activate the speakerphone during a call, touch

in the display. Use the volume keys (located on the left side of your phone) to adjust the volume.

Setting Up and Accessing Voice Mail

How to set up your voice mail

1. Dial * 8 tuv 6 mno and . If you hear a system greeting, touch # to interrupt it, if applicable.
2. Follow the setup tutorial.
3. Select a password.
4. Record a voice signature and greeting for your Voice Mailbox.

How to access your voice mail from your wireless device

1. Dial ✳ 8 tuv 6 mno and . If you hear a system greeting or your own greeting when you dial ✳ 8 tuv 6 mno and , touch # immediately to interrupt the greeting (if applicable) and follow the prompts.
2. Follow the prompts to enter your password and retrieve your messages.

How to access your voice mail from any phone, to save your minutes

1. Dial your wireless number.
2. Once you hear the system greeting or your own greeting, press # immediately to interrupt the greeting and follow the prompts.

The Basics

How to reset your voice mail password

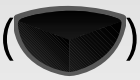
1. Dial * 6 mno 1 oo 1 oo and (airtime-free) from your wireless device or call **1-800-922-0204** (toll-free) from any phone to reach the easy-to-use automated Customer Service menu.
2. Press 2 abc to reset voice mail password and follow the prompts.

NOTE: You may be asked to enter the last 4 digits of your Social Security number for a personal account, or the Federal EIN for a business account.

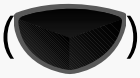
Visual Voice Mail

Visual Voice Mail allows the management of voice mail directly from the device rather than accessing voice mail via traditional method(s). Visual Voice Mail displays a list of messages and allows the user to choose which message to listen to or delete, without having to dial into their mailbox and listen to voice instructions or prior messages.

How to access Visual Voice Mail from your wireless device

From the home screen, press the **Main Menu key** () → **Main Menu 1** → **Visual Voice Mail** ( ).

How to set up Visual Voice Mail

1. If you are an existing Wireless subscriber, skip to step 3.
2. If you are new Wireless subscriber, dial *86 to set up your voice mail service.
3. From the home screen, press the **Main Menu key** () → **Main Menu 1** → **Visual Voice Mail** ( ).
4. When prompted, enter your basic voice mail password that was previously established.*
5. Continue to follow the prompts and instructions to complete the activation of Visual Voice Mail.
6. Once the activation steps are completed, exit the application and return after 5 minutes to begin using Visual Voice Mail.

* Please note that storing a voice mail password is required to use Visual Voice Mail. This application may store voice mail messages in electronic format on this device.

The Basics

Anyone in possession of this device can access the voice mail. To limit unauthorized access to the voice mail, consider locking the phone when not in use.

Cancellation of Visual Voice Mail cannot be completed via the device. Please contact Customer Service or go to My at if you need to cancel your Visual Voice Mail service. Visual Voice Mail and traditional voice mail may not always be synchronized and if you cancel Visual Voice Mail you may lose all stored voice mails and information.

To avoid losing all stored voice mails and information, save the voice mail in an audio format onto a phone's internal or removable memory, or send the audio file as a message using picture messaging or email.

Once you have registered for you will have the ability to reset your voice mail password online or via the browser on your wireless device. For more information on how to register for go to page 56.

The Basics

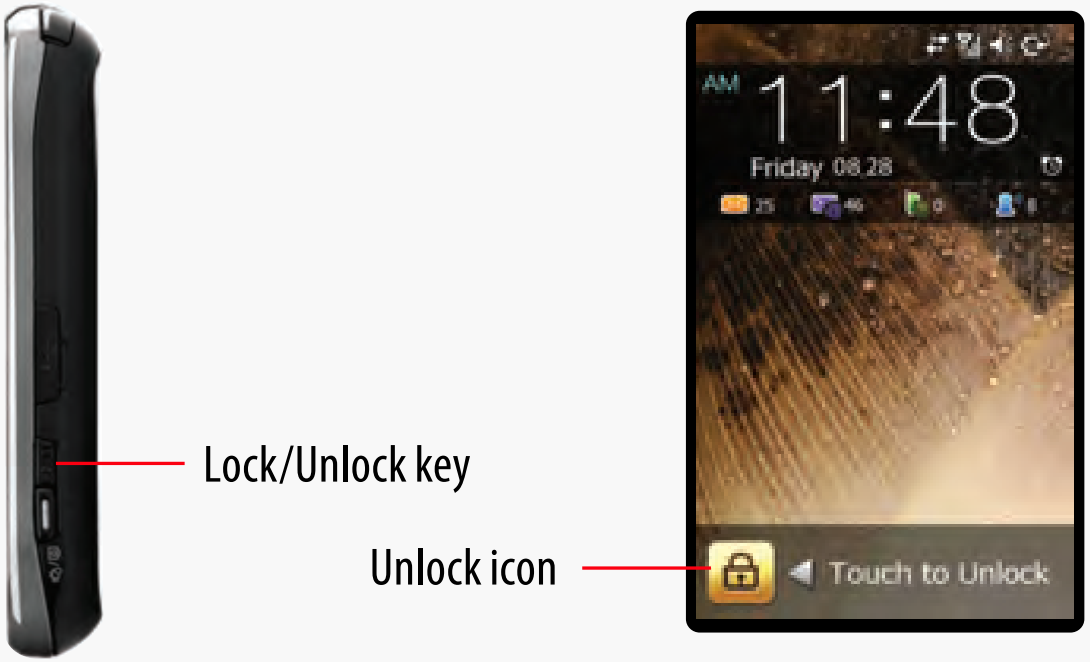
Locking/Unlocking Your Wireless Device

To lock, press the **Lock/Unlock** key (LOCK) on the right side of the phone.

To unlock, press the **End/Power** key ( ) or **Lock/Unlock** key (LOCK) on the right side of the phone to wake the display and touch the **Unlock** icon ( ).

-or-

To unlock, press and hold the **Lock/Unlock** key on the right side of the phone.



Changing Ringtones

Your wireless device comes with a selection of ringtones. Here's how to manage your ringtone preferences:

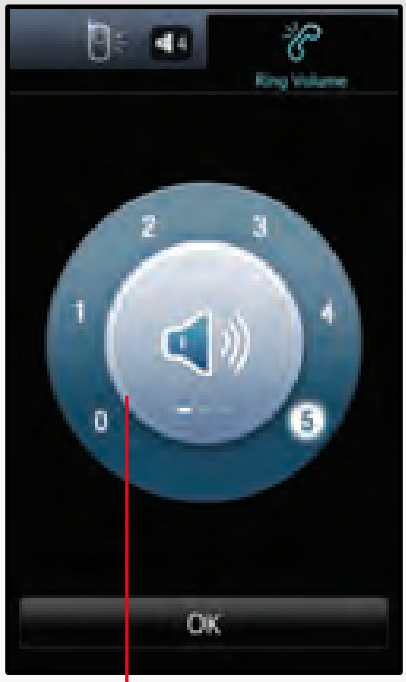
Selecting a ringtone

1. From the home screen, press **Main Menu** ( ) → **Settings** ( ) → **Basic Settings tab** → **Sound Settings** ( ) → **Ring**.
2. Touch the **Ring tone** field, before making your selection touch the play icon ( ) to play the ringtone.
3. Touch a ringtone and touch the left soft key function **Done** to save your selection and return to the previous menu.

The Basics

Adjusting ringtone volume

1. From the home screen, press the **Volume key** on the left of your device and touch the **Ring Volume** tab.
2. Touch the center of the Volume dial until the **Sound Profile** icon ( ) appear.
3. Press the **Volume** key up to increase ringtone volume or down to decrease ringtone volume.
4. When done, touch **ok** or the left soft key function **Done**.



Sound Profile icon

Setting ringtone to vibrate

From the home screen, press and hold the **Volume** key on the upper left side of your device, downward to activate vibration mode.

Assistance

- May We Help You?
- The My [illegible] Advantage
- Loss or Theft
- Toll-Free Calls and Emergency Services
- Fraud Prevention
- Assistive Communication Devices

- **View your New Every Two® Meter.**
  Sign in to My and click on **My Services/My Phone** to check your upgrade status and see if you are eligible for the New Every Two discount.
- **You can get a new wireless device every year with Annual Upgrade.**
  Sign up for a 2-year agreement on a Calling Plan of at least $49.99 and you can purchase a new wireless device at its promotional price through every year with a 2-year renewal (upgrade fee applies).
- **If you're using more minutes than your Calling Plan includes, we'll let you know with Minute Check.**
  Minute Check will periodically notify you through My if you're exceeding your plan allowance and let you know of other Calling Plan options that may save you money.

Assistance

Warranty replacements

Experiencing problems with your handset? Call us at **1-866-406-5154** from a landline phone. If we're unable to resolve the issue and it's due to a manufacturing defect within the first year of ownership, we'll send a replacement device right to your door for free.

Address or account changes

It's important that we have your most current information so we're able to reach you for any reason. There are 3 ways to update your information:

1. Select the appropriate choice from the dropdown menu in the Send an Email section.

- **By calling from your wireless device**—Press **#768** and **Send** and follow the prompts to enter your payment information.
- **Home banking**- [redacted] Wireless and CheckFree® have teamed together to give you the option to pay your wireless bill online at your choice of more than 1,700 financial services locations across the Internet. You will be able to schedule payments using a designated bank account and arrange for monthly bill payments via your preferred home-banking service provider.
- **Check payment via mail**—Allows you to mail in a personal or business check, along with the remittance slip and envelope provided with your billing statement.
- **In person**—Payments can be made at your local [redacted] Wireless Communications Store using our Bill Payment Kiosks.

Assistance

Loss or Theft

If your wireless device is lost or stolen, please contact Customer Service at **1-800-922-0204** to suspend your service. If your wireless device is malfunctioning, please bring it to a Wireless Communications Store.

Toll-Free Calls and Emergency Services

Calls to 800, 855, 866, 877 and 888 numbers are toll-free, but airtime charges do apply. Calls to Wireless Customer Service and emergency calls (911) are toll- and airtime-free.

Fraud Prevention

Wireless wants to protect your privacy and works hard to prevent unauthorized phone usage or fraud. Wireless device numbers and calls are capable of being intercepted by someone with specialized equipment. We use antifraud technology to make fraudulent calling very difficult, particularly on digital calls.

- Report a lost or stolen wireless device to the police and Wireless immediately.

- Never leave your wireless device unattended, especially in your office or car.
- When not in use, lock the wireless device using your lock code.
- Review your bill and report any suspicious calling activity. If we conclude that the calls are fraudulent, you will not be held responsible for the charges.
- Record your wireless device's electronic serial number in the back of this guide and keep it safe.
- Have your wireless device serviced only at a Wireless Communications Store or by an authorized agent, retailer, manufacturer's service center or other repair center.

Assistance

Assistive Communication Devices

TTY (Text Telephony) and TDD (Telecommunications Device for the Deaf) allow individuals who are deaf, hard of hearing, or have speech or language disabilities to communicate by telephone.

When a user types his or her conversation on a TTY keyboard, it is transmitted as tones through the telephone. Tones are received by the other person's TTY, translated into text and displayed on the screen. In order to use the TTY network, you must have a TTY-compatible phone and be in the TTY mode to place or receive calls. Note that most digital wireless devices are TTY-compatible.

Mobile Entertainment

- Text Messaging
- Picture Messaging
- Video Messaging
- Web Browsing
-

-
- Rhapsody®
(Subscription, Wireless and
PC Downloads)

Mobile Entertainment

Text Messaging

Swype

Swype allows you to use your finger (or the stylus) to trace over each letter of a word. For each word, place your finger or the stylus on the first letter and glide to the subsequent letters, lifting on the last letter.

This example shows a user entering the word "this". Put your finger or stylus down on the "t", and without lifting, glide it to the "h", then to the "i" then over to the "s".

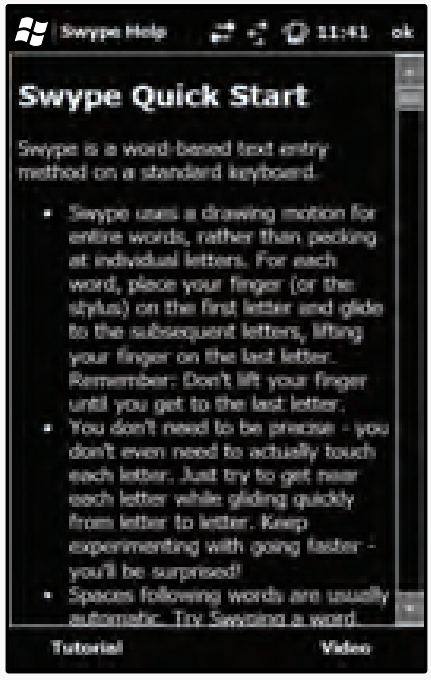
When entering sentences, don't worry about putting in the spaces between words - Swype does that for you to speed things up. Here are a few tips to get you started:

- **Spacing is automatic**: When you finish a word, just lift your finger or stylus and start the next word.
- **Double letters**: Just do a "squiggle" on the key.

- **Punctuation**: Glide your finger or stylus from the symbol key to the space bar.
- **Contractions**: Move your finger or stylus over the apostrophe
- **Error correction**: If you make a mistake, double-tap on the word you want to change.

The **Swype** key ( ) on the bottom left of keyboard provides information to help you learn more about Swype:

- When entering text touch the **Swype** key ( ) to show Tips.
- Touch and hold the **Swype** key ( ) to view a Quick Start guide or touch the right soft key function **Video** to view an introductory Video.
- Touch and hold the **Swype** key ( ) → left soft key function **Tutorial** for an interactive tutorial.



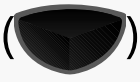
Mobile Entertainment

- Launch an introduction video from the Getting Started application:
  Main Menu 1 → **Getting Started** ( ) → **Device Tips** ( ) → **Using Swype on your Keyboard** ( ).

To access Swype options:

While entering text, at the bottom of the display touch the triangle beside the Swype input mode icon ( ) → **Options.** From the pop-up menu, choose **Swype** → **Options**.

Sending a new text message to a wireless device

1. From the home screen, press the **Main Menu** key () → **Main Menu 1** → **Messages** ( ).
2. Touch the right soft key function **Menu** → **New**.
3. Touch

and enter the destination address(es) in the field by touching **Phonebook**, **Call Log**, **Group**, **Enter Manually** or **To Online Album**.
4. Select an entry and touch the left soft key function **Done** or **ok**.
5. Touch the message body field and enter your message text.

6. Touch left soft key function **Send** to send the message.

Text messages are charged in accordance with your Messaging Plan.

Sending a new text message to a landline number

Follow these steps, and the recipient will hear your text message as a voice recording:

1. From the SMS screen, enter the landline number.
2. Type the message in the text field.
3. Touch the left soft key function to **Send**.
4. Opt-in message will appear.
5. Reply **Y** for yes and **N** for no.

NOTE: Only one opt-in is required for each landline number.

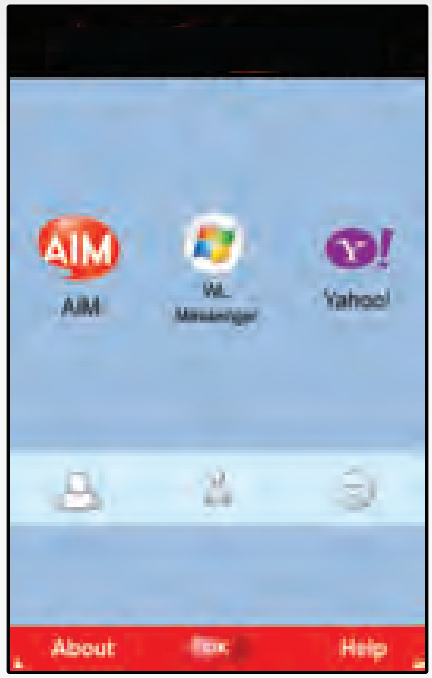
Mobile Entertainment

Mobile Email

Check your MSN® Hotmail® and America Online® accounts right from your wireless device.

Mobile IM

Instant Message from your wireless device. Choose from AOL® Instant Messenger™ Service, Windows® Live Messenger and Yahoo!® Messenger.



Picture Messaging*

Take pictures that you can send to any number or virtually any email address, or to subscribers on other carriers.

Snap a photo and send as a picture message

1. From the Home screen, press the **Camera/Camcorder** key ( ) on the lower right side of your device to launch the camera.
2. Rotate the device counter-clockwise to landscape orientation.
3. Aim the camera lens at the desired object and press the **Camera/Camcorder** key ( ) to take the picture.
4. Touch the **Quick View** icon ( ) to view the picture.
5. Touch the **Send Via** icon ( ) and touch the **MMS** icon ( ) to send the picture as a picture message.
6. Touch

and enter the destination address(es) in the field by touching **Phonebook**, **Call Log**, **Group**, **Enter Manually** or **To Online Album**.
7. Touch the **Subject** field and enter a subject for the message.

8. Touch the **Text** field and enter your message.
9. Touch the left soft key function **Send**.

Store a picture on your wireless device

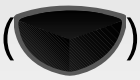
1. From the Home screen, press the **Camera/ Camcorder** key ( ) on the lower right side of your device to launch the camera.
2. Rotate the device counter-clockwise to landscape orientation.
3. Aim the camera lens at the desired object and press the **Camera/Camcorder** key ( ) to take the picture.
4. The picture is automatically saved to **Main Menu 1** → **My Pictures** ( ).

Create picture Caller IDs

1. From the Home screen, touch the left soft key function **My Contacts**.
2. Touch the desired contact entry, and touch the left soft key function **Edit**.
3. Touch the **Picture ID** icon ( ).
4. Touch the photo you would like to insert or touch the right soft key function **Menu** → **Camera** to take a photo. Press to exit camera mode and return to Photo Picker.
5. Crop your photo if desired and touch the left soft key function **Done** twice to save the image to the contact entry.

Mobile Entertainment

Send a picture message using a picture stored in the wireless device's gallery

1. From the home screen, press the **Main Menu** key () → **Main Menu 1** → **My Pictures** ( ).
2. Touch the location of the photo you would like to send and touch the desired image.
3. Touch the right soft key function **Menu** → **Send Via** → **Messaging**.
4. Touch

and enter the destination address(es) in the field by touching **Phonebook**, **Call Log**, **Group**, **Enter Manually** or **To Online Album**.
5. Touch the **Subject** field and enter a subject for the message.
6. Touch the **Text** field and enter your message.
7. Touch the left soft key function **Send**.

Video Messaging*

Record and send videos to virtually any wireless number or email address.

Record and send a video message

1. From the home screen, press and hold the **Camera/Camcorder** key ( ) on the lower right side of your device to launch the camera.
2. Rotate the device counter-clockwise to landscape orientation. Touch the **Recording Mode** icon ( ) to set recording mode to **MMS**.
3. Aim the camcorder lens at the desired object and press the **Camera/Camcorder** key ( ) to start recording a video clip.
   Touch **Pause** ( ) to pause recording
   Touch **Stop** ( ) to stop recording at anytime. Once stopped the recording is automatically saved.
4. Touch the **Quick View** icon ( ) to view the video.
5. Touch the **Send Via** icon ( ) → **MMS** icon ( ) to send the video as a video message.

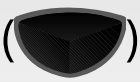
6. Touch + Tap to add recipients and enter the destination address(es) in the field by touching **Phonebook**, **Call Log**, **Group**, **Enter Manually** or **To Online Album**.
7. Touch the **Subject** field and enter a subject for the message.
8. Touch the **Text** field and enter your message and touch the left soft key function **Send**.

*Video messaging charges apply per your Calling Plan. Monthly plans are available. Compatible device required. Not available everywhere.

Store a video message on your wireless device

1. From the Home screen, press and hold the **Camera/Camcorder** key ( ) on the lower right side of your device to launch the camera.
2. Rotate the device counter-clockwise to landscape orientation.
3. Aim the camcorder lens at the desired object and press the **Camera/Camcorder** key ( ) to start recording a video clip.
   Touch **Pause** ( )to pause recording
   Touch **Stop** ( ) to stop recording at anytime. Once stopped the recording is automatically saved.

Send a video message using a video stored in the wireless device's gallery

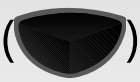
1. From the home screen, press the **Main Menu** key () → **Main Menu 1** → **Messages** ( ).
2. Touch the right soft key function **Menu** → **New**.
3. Touch

and enter the destination address(es) in the field by touching **Phonebook**, **Call Log**, **Group**, **Enter Manually** or **To Online Album**.
4. With the cursor in the text message box, touch **Menu** → **Insert** → **Video**. At the Messaging popup, touch **Yes** to continue sending the message as a Multimedia Message.
5. Select **My Device** → **My Storage** → **DCIM**. Touch the video you want to send.
6. Enter your message and touch the left soft key function **Send**.

*Not available everywhere. Picture and video messaging charges apply per your Calling Plan. Monthly plans are available. Higher rates apply for International Video Messaging (when available). See product brochure for coverage information and complete terms and conditions. Compatible device required.

Mobile Entertainment

Delete a picture or video message

1. From the home screen, press the **Main Menu** key () → **Main Menu 1** → **Messages** ( ).
2. Touch and hold your finger on the message you want to delete. A submenu displays.
3. Touch **Delete** to delete the message from the inbox.

To delete a message from the phone

4. Touch the **Inbox** drop down menu.
5. Touch the **Deleted Items** folder.
6. Touch the message you want to delete and press the left soft key function **Delete**.
7. At the **Deleted Items** pop-up touch **Yes** to continue, or **No** to cancel the operation.

Store pictures and videos to your online galleries from your PC

If you currently have a Vtext account, there is no need to register for Online Album; just log in using your wireless number and password and an account will be set up automatically. At Online Album, you can do any of the following from your PC:

1. Go to the Sign In section and click the **Register** link.
2. Enter your mobile number without spaces or dashes and click the **Continue** button.
3. Enter your desired user name, valid email address and address details. Click the check box if you would like to receive Wireless email promotions. Read the Terms and Conditions and click the **I accept the Terms and Conditions** check box and click the **Continue** button. A temporary password will be sent as a free text message to your phone.

4. Enter your temporary password and desired new password in the appropriate fields. Select a security question and type in the answer in the appropriate field and click the **Continue** button. You will receive a free text message and email confirming your new account has been created.

Upload pictures and videos to Online Album from your PC

1. Click on the **Upload Media** tab.
2. Click on the **Browse for Media** link. A pop-up window will open with a view of your PC's folders. In the window, navigate to the folder on your PC that has your media.
3. Click, hold and drag up to 25 files from the window to upload them to the web page.
4. Click on the **Upload** button. The files will be uploaded to your Online Album galleries.

Compose and send a message from your online album

1. Click on the **Send a Message** tab, and under the section called **Media Items You Want**, click on the gray arrows found under **Look Inside** and **View** to see the galleries available
2. The gallery contains media with different topics. Just click on the gray arrow to see subfolders.
3. Click and drag the desired media from the middle pane and drop it into the right slide pane. The slide will expand with the selected media. Now you can add text and/or drag and drop sound into the slide. Repeat steps 3 and 4 for up to 9 slides per message.
4. Click the **Preview & Send** button at the bottom right corner. The left and center panes will be replaced with the Preview & Send pane. The slideshow message will play as it appears when the recipients receive it on their wireless devices.
5. Enter a Wireless number with no spaces, or enter valid email addresses, separated by commas.
6. Click the **Send** button.

NOTE: Video media can only be sent as a one-slide message and only text can be added to a video message.

Mobile Entertainment

Share a gallery with others

1. Navigate to the gallery you wish to share with others.
2. Roll your cursor over the gallery you wish to share.
3. Click on the **Share Album** menu item.
4. Enter up to 10 email addresses of the people you'd like to view this gallery.
5. Click the **Share Album** button.

NOTE: The shared gallery is only accessible from a PC and can only be viewed by the recipient(s) you designate.

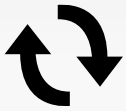
Apply fun effects

1. Go to the gallery containing the picture you'd like to change and click on it.
2. Once the picture is in an expanded view, click on the **Fun Effects** link.
3. Click on the effect(s) of your choice. You can remove the effect(s) at any time.
4. When you're satisfied with the enhanced picture, click on the **Done** button.

Web Browsing

Your new wireless device can put a world of information right at your fingertips with the web browser.

Browser Icons



Refresh: Refresh the current web page.

Stop: Stop a web page that is loading.

Back: Move back one page.

Bookmarks: Access and add bookmarks.

Tab: Add tabs or switch tabs.

Home: Return to the homepage.

Mobile Entertainment

Options: Display options menu.

- **Settings**: Change browser settings.
- **Downloads**: Show downloaded files.
- **Page Info**: View current page information.
- **History**: View browser history.
- **Saved Pages**: View saved web pages.
- **Help**: View help topics about Opera.
- **Exit**: Close Opera and return to the previous screen.

Launching and using the browser

1. From the home screen, open the widget bar and touch the Browser widget ( ) to move to the widget to the desktop.
2. Touch the Browser widget ( ) again to open the browser.

Ending a browser session

Touch **Options** ( ) → **Exit** ( ). At the **Do you want to exit Opera?** popup, touch **OK** to exit the browser session and return to the home screen.

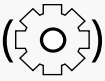
Mobile Entertainment

With Navigator, you'll know exactly where you are, what's around you and how to get there.

Download, subscription, and airtime required for use; only in National Enhanced Services Coverage Area; accuracy and completeness of information is not guaranteed; information about location of device will be used to deliver service.

Getting started with Location-Based Services (LBS)

Wireless values your privacy. Because of this, your wireless device is defaulted to only acquire your location when you dial **911**. To use Location-Based Services, you must first enable location services on your wireless device:

1. From the home screen press **Main Menu** ( ) → **Settings** () → **General Settings** ( ).
2. Scroll up and touch **GPS** → **Location** → **Location On** → left soft key function **Done**.

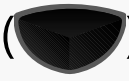
NOTE: Even when your activation switch is set to Location On, your wireless device's location is still protected. For your privacy, you must "opt out" of all LBS applications. No one will be able to access your location until you activate an LBS application.

Mobile Entertainment

Download video clips

1. Unlock the screen by touching or pressing and holding the **Lock/Unlock** key ( ) (on the right side of your device).
2. From the home screen, press the **Main Menu** key ( ) → **Main Menu 1** → ( ).
3. Navigate through the desired categories and touch the selected category.
4. Navigate through the desired content providers and touch a provider.
5. Tap a video title that you want to view, the video downloads and appear in the display.

Delete video clips

1. Unlock the screen by touching or pressing and holding the **Lock/Unlock** key ( ) (on the right side of your device).
2. From the home screen, press the **Main Menu** key () → **Main Menu 1** → **Media Player** ( ) → **My Videos** ( )

3. Touch the downloaded video you want to delete and touch **Done**.
4. At the **Erase Video?** pop-up, touch **Yes** to confirm deletion of the video.

*Per-song charges apply.

Mobile Entertainment

System Requirements: Windows Vista, or XP

Music with Rhapsody is compatible with Windows® XP and Windows Vista™ operating systems. MAC OS and Linux are not supported.

Download music to your PC

1. Unlock the screen by touching or pressing and holding the **Lock/Unlock** key ( ) (on the right side of your device).

3. Log in.
4. Once logged in, you can perform anyone of the following actions:
   - Download a PC copy of a track purchased over the air.
   - Purchase songs or albums
   - Add subscription music to your library

   To download PC copy:

a. Song tracks available for download will pop-up upon log in completion.

b. Check the boxes of songs you wish to download.

c. Select “Download Tracks”.

To purchase music:

a. Browse the catalog and select the track or album you wish to purchase.

b. Re-enter your password.

c. Confirm the purchase and the download will begin shortly.

To add subscription music:

a. Add music to your collection by simply dragging and dropping it to My Library or, if connected, your Music with Rhapsody subscription capable device (both found under Sources). This can also easily be done by clicking on the Add button next to each song.

5. To play the song or album, you can find it by selecting the My Library tab.

Play songs with your wireless device

1. Unlock the screen by touching or pressing and holding the **Lock/Unlock** key ( ) (on the right side of your device).
2. From the home screen, press the **Main Menu** key ( ) → **Main Menu 1** → **Media Player** ( ).
3. Touch **All Music** ( ), **Album** ( ), or **Artist** ( ) tab to play music that is stored on your phone or memory card (if applicable).

NOTE: If the Media Player is displayed touch the left soft key function **Library** to view Media tabs.

3. Rotate the device to Landscape mode, to scroll through a 3-D array of items.
4. Touch the name of the song you want to hear to start the music player.

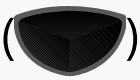
Sync your music from your PC to your Music with Rhapsody wireless device

2. Plug in the USB cable to your phone and connect it to a USB port on your PC.
3. Allow ActiveSync or Windows Mobile Device Center to recognize your device. Your device is now available under **Sources**.
4. Drag and drop the song(s) you want to sync from **My Library**, to your mobile phone, listed under **Sources**.

5. Once synchronization is complete, right click on the device name and select **Disconnect** and click **OK**. You can now safely disconnect the USB cable from your USB port on your PC.

NOTE: A compatible USB cable is required for syncing.

Create playlists on your wireless device

1. Unlock the screen by touching or pressing and holding the **Lock/Unlock** key ( ) (on the right side of your device).
2. From the home screen, press the **Main Menu** key () → **Main Menu 1** → **Media Player** ( ).
3. Touch the **Playlist** tab ( ) → right soft key function **Menu** → **New Playlist**.
4. Enter a name for the new playlist.
5. To add a photo, touch the album cover icon and touch an image.
6. Touch the left soft key function **Done** to save your playlists.
7. To return to the Home screen, press the **End/Power** key ( ).

Add a song to your playlist

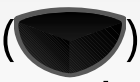
1. Unlock the screen by touching or pressing and holding the **Lock/Unlock** key (

) (on the right side of your device).
2. From the home screen, press the **Main Menu** key ( ) → **Main Menu 1** → **Media Player** ( ).
3. Touch **All Music** ( ), **Album** ( ), or **Artist** ( ) tab to view music that is stored on your phone or memory card (if applicable).
4. Touch the right soft key function **Menu** → **Add to Playlist**.
5. Touch the song(s) you want to add and touch the left soft key function **Done**.
6. Touch the playlist you want to add the selected songs to.

Mobile Entertainment

Edit playlists on your wireless device

1. Unlock the screen by touching or pressing and holding the **Lock/Unlock** key (

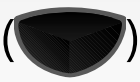
) (on the right side of your device).
2. From the home screen, press the **Main Menu** key () → **Main Menu 1** → **Media Player** ( ) → touch the left soft key function **Search** to update your music library and touch the right soft key function **Done**.
3. Touch the **Playlist** tab ( ) → touch the playlist you would like to edit and touch the right soft key function **Menu**. The following options appear in the display:
    - To edit the name or photo of a Playlist, touch **Edit**. Change the name or photo and touch the left soft key function **Done** to save and return to the previous screen.

- To change the order of the songs in your playlist, touch **Move**. Touch and hold the song title, then drag up or down in the music list to move the song in the playlist order. When you are finished, touch the left soft key function **Done** to save and return to the previous screen.
- To remove a song from the playlist, touch **Delete**. Touch the song(s) you want to delete. When you are finished, touch the left soft key function **Done** to save and return to the previous screen.
- To add songs to the playlist that is playing touch **Add to Now Playing**. Touch the song(s) you want to add to the playlist playing. When you are finished, touch the left soft key function **Done** to save and return to the previous screen.

9. To return to the Home screen, press the **End/Power** key ( ).

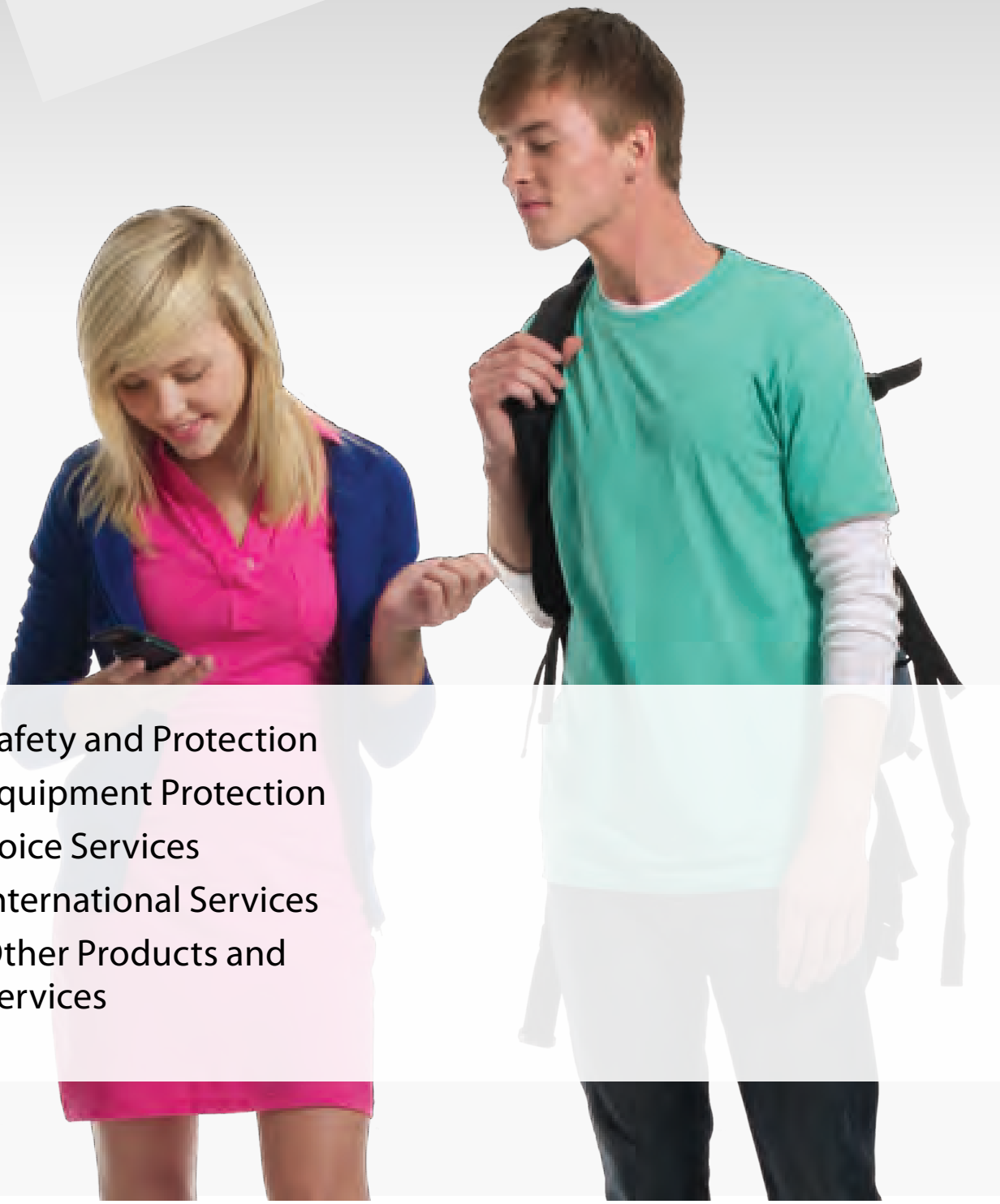
Mobile Entertainment

Delete songs from your wireless device

1. Unlock the screen by touching or pressing and holding the **Lock/Unlock** key ( ) (on the right side of your device).
2. From the home screen, press the **Main Menu** key () → **Main Menu 2** → **My Files** ( ).
3. For Mobile downloads, touch the **My Device** folder → **My Storage** folder → **My Music** folder.

   For PC transfers, touch the **My Device** folder → **Music** or **My Storage** folder → **Music** folder.
4. Touch the right soft key function **Menu** → **Edit** → **Delete items.** Touch the item(s) you want to delete and touch the left soft key function **Done** to permanently erase this song from your device.

Optional Services



- Safety and Protection
- Equipment Protection
- Voice Services
- International Services
- Other Products and Services

Work wirelessly. Protect your wireless device against damage or, even more importantly, protect yourself on the road. You can find it all in Wireless plan enhancements. Call **1-800-922-0204** or speak to your Wireless Sales Representative to find out more.

Safety and Protection

Roadside Assistance

Roadside Assistance can provide you with emergency roadside services anywhere in the U.S. and Canada, 24 hours a day, 365 days a year. You may sign up for this feature on My by calling Wireless directly.

Optional Services

Equipment Protection

Receive total protection for your wireless device and limited accessories. If your wireless device is lost, stolen, damaged or malfunctioning—you're covered. Just choose a service plan that's right for you (must be added within 30 days of activation or upgrade):

- **Total Equipment Coverage**
- **Asurion Wireless Phone Protection**
- **Extended Warranty**

NOTE: Insurance offered by third-party providers.

Voice Services

Enhanced Voice Mail

Turn your wireless device into your office assistant. Forward your calls, store more messages or even receive faxes for printing.

International Services

International Long Distance

You can call over 190 destinations from the U.S. with your Wireless phone. Simply add I-DIAL to your account and for reduced rates, select our International Long Distance Value Plan or for occasional international calls, use our Per-Minute Rates.

International Text Messaging

You can text message non-U.S. numbers of participating carriers with no additional setup required. These text messages do not count against your text messaging monthly bundled allowances.

International Roaming

Traveling outside of the U.S.? With your Wireless device you can stay connected in over 40 destinations including Canada, Mexico, China, Israel, Brazil and Jamaica. Dial ***611** from your Wireless phone or call **1-800-922-0204** and speak with a Wireless representative to enable International Roaming.
A full list of destinations and rates can be found at

Optional Services

Global Travel Program

Available in over 200 destinations, this is the perfect short-term solution for the occasional or infrequent global traveler who needs to stay in touch when traveling outside of the U.S. to GSM locations. This program is ideal when your travel duration is less than 21 days.

Other Products and Services

Whether it's business or personal, Wireless offers a variety of wireless solutions for your notebooks, Personal Digital Assistants (PDAs) and/or smartphones.

Office Message Alert

When a voice mail is left on your office phone's voice mail, a Text Alert is sent to your wireless device.

A PC card that allows you to download files, open email attachments, access office data and applications, and browse the Internet.

More Information

How wireless works

Your wireless service is different from your home or business phone service. On a wireless device, you must press the SEND button to alert the network to connect your call. Unlike the calls you make on a home or business phone, wireless communications travel over the air and can react to the environment. Rain, snow, fog, falling leaves, water, mountains, canyons and even buildings may affect service. All wireless service is subject to “dead zones,” or no-coverage areas.

Wireless network technology

Wireless offers CDMA (Code Division Multiple Access) digital network technology to most of its customers. CDMA digital technology offers many benefits compared to analog, such as less static, enhanced voice clarity, increased privacy and longer battery life. A CDMA digital phone is necessary to subscribe to our digital service. Wireless only sells digital wireless devices that are E911 compatible and either all-digital or tri-mode, which means you may use analog or CDMA digital services on different frequencies.

More Information

Worry Free Guarantee®

Subject to the Customer Agreement and Calling Plan. Please read and understand them before activating. Wireless calling areas, rates, coverage, agreements, provisions, business practices, procedures and policies are subject to change as specified in the Customer Agreement. Our liability is significantly limited.

Security deposit

You may have been asked to leave a security deposit at the time you activated your wireless service. You are eligible to receive your security deposit back at the end of 1 year of uninterrupted service, or upon termination of your contract. You will automatically be refunded your deposit after 1 year, including interest, provided that you have kept your account in "good standing" (this means that you paid your bill continuously for one year in a timely manner). This refund may take up to 3 billing

cycles to be processed. Should you be disconnected at any time during the first year for lack of payment, you forfeit any interest accrued during that time frame. If you terminate your service, but have not paid your final bill, the deposit will be applied to your account, and you will receive any remaining funds. If your service is terminated after the initial 30-day Worry Free Guarantee period but before the end of your minimum term, your deposit will be applied against any applicable early termination fee in addition to any outstanding balance before a check is processed.

Federal Communications Commission (FCC) rules and regulations

The FCC requires that wireless devices be operated in accordance with FCC rules and regulations and under supervision of the licensee. Severe punishment can result from failure to comply with the following regulations:

- No person shall knowingly utter or transmit any false or fraudulent signal or distress communication.

More Information

- No person shall willfully or maliciously interfere with, or cause interference to, any radio communication or signal.
- It is unlawful to "listen in" on conversations intended for others or to divulge any information thereby obtained.
- No person shall utter any obscene, indecent or profane language by means of radio communication.

National Do Not Call Registry

Protect yourself from unwanted calls with the National Do Not Call Registry Program.

- FCC regulations prohibit telemarketers from using automated dialers to call wireless numbers.
- Personal wireless device users can add their wireless numbers to the National Do Not Call Registry.
- The federal government does not maintain a national wireless device registry.

You can register by either of the following methods:

1. By wireless device: **1-888-382-1222** from the number you wish to register.

2. Online at: **www.donotcall.gov**.

Your registration becomes effective within 31 days of signing up and is active for five years. There is no cutoff date or deadline for registering.

Radio Frequency Emissions

Your wireless device, which contains a radio transmitter and receiver, emits radio frequency energy during use. The following consumer information addresses commonly asked questions about the health effects of wireless devices.

Are wireless devices safe?

Scientific research on the subject of wireless devices and radio frequency ("RF") energy has been conducted worldwide for many years, and continues. In the United States, the Food and Drug Administration ("FDA") and the Federal Communications Commission ("FCC") set policies and procedures for wireless devices. The FDA issued a website publication on health issues related to cell phone usage where it states, "The scientific community at large… believes that the weight of scientific evidence does not show an association

More Information

between exposure to radio frequency (RF) from cell phones and adverse health outcomes. Still the scientific community does recommend conducting additional research to address gaps in knowledge. That research is being conducted around the world and FDA continues to monitor developments in this field." You can access the FDA website at **http://www.fda.gov/cellphones**. You can also contact the FDA toll-free at **(888) 463-6332** or **(888) INFO-FDA**. The FCC issued its own website publication stating that "[t]here is no scientific evidence that proves that wireless telephone usage can lead to cancer or other problems, including headaches, dizziness or memory loss." This publication is available at **http://www.fcc.gov/cgb/consumerfacts/mobilephone.html** or through the FCC at **(888) 225-5322** or **(888) CALL-FCC**. The National Cancer Institute ("NCI") states that concerns about the potential health effects of using cellular phones – "and specifically the suggestion that using a cell phone may increase a person's risk of developing brain cancer – are not supported by a growing body of research on the subject." You can access NCI's review of the research

at **http://www.cancer.gov/ncicancerbulletin/NCI_Cancer_Bulletin_092308/page7**.

What does Specific Absorption Rate (SAR) mean?

In 1996, the FCC, working with the FDA, the U.S. Environmental Protection Agency (EPA) and other agencies, established RF exposure safety guidelines for wireless devices in the United States. Before a wireless device model is available for sale to the public, it must be tested by the manufacturer and certified to the FCC that it does not exceed limits established by the FCC.

One of these limits is expressed as a Specific Absorption Rate, or "SAR." SAR is a measure of the rate of absorption of RF energy in the body. Tests for SAR are conducted with the wireless device transmitting at its highest power level in all tested frequency bands. Since 1996, the FCC has required that the SAR of handheld wireless devices not exceed 1.6 watts per kilogram, averaged over one gram of tissue. Although the SAR is determined at the highest power level, the actual SAR value of a wireless device while operating can be less than the reported SAR value. This is because the SAR value may vary from call to call, depending on

factors such as proximity to a cell site, the proximity of the wireless device to the body while in use, and the use of hands-free devices.

For more information about SARs, see the FCC's OET Bulletins 56 and 65 at **www.fcc.gov/Bureaus/Engineering_Technology/Documents/bulletins, www.fcc.gov/oet/ea**. You may also wish to contact the manufacturer of your wireless device.

Can I minimize my RF exposure?

If you are concerned about RF, there are several simple steps you can take to minimize your RF exposure. You can, of course, reduce your talk time. You can place more distance between your body and the source of the RF, as the exposure level drops off dramatically with distance. The FDA/FCC website states that "[h]ands-free kits can be used with wireless devices for convenience and comfort. These systems reduce absorption of RF energy in the head because the phone, which is a source of the RF emissions, will not be placed against the head. On the other hand, if the phone is mounted against the waist or other part of the body during use, then that part of the body will absorb more RF energy.

Wireless phones marketed in the U.S. are required to meet safety requirements regardless of whether they are used against the head or against the body. Either configuration should result in compliance with the safety limit."

Also, if you use your wireless device while in a car, you can use a wireless device with an antenna on the outside of the vehicle. You should also read and follow your wireless device manufacturer's instructions for the safe operation of your wireless device.

Do wireless devices pose any special risks to children?

The FDA website states that "[t]he scientific evidence does not show a danger to any users of cell phones from RF exposure, including children and teenagers." The FDA website further states that "[s]ome groups sponsored by other national governments have advised that children be discouraged from using cell phones at all. For example, the Stewart Report from the United Kingdom ["UK"] made such a recommendation in December 2000. In this report a group of independent experts noted that no evidence exists that using a cell

More Information

phone causes brain tumors or other ill effects. [The UK's] recommendation to limit cell phone use by childrenwas strictly precautionary; it was not based on scientific evidence that any health hazard exists." A copy of the UK's leaflet is available at **http://www.dh.gov.uk** (search "mobile"), or you can write to: NRPB, Chilton, Didcot, Oxon OX11 0RQ, United Kingdom. Copies of UK's annual reports on mobile phones and RF are available online at **http://www.iegmp.org.uk** and **http://www.hpa.org.uk/radiation/** (search "mobile"). Parents who wish to reduce their children's RF exposure may choose to restrict their children's wireless device use.

Where can I obtain further information?

For further information, see the following additional resources (websites current as of April 2005).

U.S. Food and Drug Administration
FDA Consumer Magazine,
November-December 2000
Telephone: **1-888-INFO-FDA**
www.fda.gov/fdac/features/2000/600_phone.html

American National Standards Institute
1819 L Street, N.W., Suite 600,
Washington, D.C. 20036
Telephone: 1-202-293-8020
www.ansi.org

Implantable Medical Devices

A minimum separation of six (6) inches should be maintained between a wireless phone and an implantable medical device, such as a pacemaker or implantable cardioverter defibrillator, to avoid potential interference with the device. Persons **who have** such devices:

- Should ALWAYS keep the wireless phone more than six (6) inches from their implantable medical device when the wireless phone is turned ON;
- Should not carry the wireless phone in a breast pocket;
- Should use the ear opposite the implantable medical device to minimize the potential for interference;
- Should turn the wireless phone OFF immediately if there is any reason to suspect that interference is taking place.

More Information

- Should read and follow the directions from the manufacturer of your implantable medical device.

If you have any questions about using your wireless phone with such a device, consult your health care provider.

For additional information, see **www.fda.gov/cellphones/**.

Caution: Avoid potential hearing loss

Prolonged exposure to loud sounds (including music) is the most common cause of preventable hearing loss. Some scientific research suggests that using portable audio devices, such as portable music players and cellular telephones, at high volume settings for long durations, may lead to permanent noise-induced hearing loss. This includes the use of headphones (including headsets, earbuds, and Bluetooth® or other wireless devices). Exposure to very loud sound has also been associated in some studies with tinnitus (a ringing in the ear), hypersensitivity to sound, and distorted hearing. Individual susceptibility to noise-induced hearing loss and other potential hearing problems varies.

The amount of sound produced by a portable audio device varies depending on the nature of the sound, the device, the device settings, and the headphones. You should follow some commonsense recommendations when using any portable audio device:

- Set the volume in a quiet environment and select the lowest volume at which you can hear adequately.
- When using headphones, turn the volume down if you cannot hear the people speaking near you or if the person sitting next to you can hear what you are listening to.
- Do not turn the volume up to block out noisy surroundings. If you choose to listen to your portable device in a noisy environment, use noise-cancelling headphones to block out background environmental noise.
- Limit the amount of time you listen. As the volume increases, less time is required before your hearing could be affected.

More Information

- Avoid using headphones after exposure to extremely loud noises, such as rock concerts, that might cause temporary hearing loss. Temporary hearing loss might cause unsafe volumes to sound normal.
- Do not listen at any volume that causes you discomfort. If you experience ringing in your ears, hear muffled speech or experience any temporary hearing difficulty after listening to your portable audio device, discontinue use, and consult your doctor.

You can obtain additional information on this subject from the following sources:

American Academy of Audiology
11730 Plaza American Drive, Suite 300
Reston, VA 20190
Voice: **(800) 222-2336**
Email: info@audiology.org
Internet: **www.audiology.org**

National Institute on Deafness and Other Communication Disorders
National Institutes of Health
31 Center Drive, MSC 2320
Bethesda, MD USA 20892-2320
Voice: **(301) 496-7243**
Email: nidcdinfo@nih.gov
Internet: **www.nidcd.nih.gov/health/hearing**

National Institute for Occupational Safety and Health
Hubert H. Humphrey Bldg.
200 Independence Ave., SW
Washington, DC 20201
Voice: **1 800 CDC INFO (1 800 232 4636)**
Internet: **www.cdc.gov/niosh/topics/noise/default.html**

Drive Responsibly

When behind the wheel, safe driving is your responsibility and it should always be your first priority.

Scientific research on the subject of wireless phone use and driving has been conducted worldwide for several years. According to the National Highway Traffic Safety Administration (NHTSA), the available

More Information

research indicates that using a wireless phone while driving degrades a driver's performance, whether it is a hands-free or hand-held wireless phone. NHTSA advises that the "safest course of action is to refrain from using a cell phone while driving." NHTSA's policy on "Cell Phone Use While Driving," as well as Frequently Asked Questions on the subject, are available at **www.nhtsa.gov** (click on "Traffic Safety" then on "Drowsy and Distracted Driving").

For your well being and the well being of those around you, you should consider turning your phone off and allowing calls to go to Voice Mail while you are driving.

If you choose to use your wireless phone while driving, several jurisdictions have adopted "hands-free" and other restrictions on the use of wireless devices while driving. It is your responsibility to know and to comply with the law in your area.